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B. Commentaries, Editorials and Reviews

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C. Books and Book Chapters

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2. **Carnethon MR**. "Physical activity and metabolic syndrome in obesity". In *Advances in Physical Activity and Obesity*. Editors: Katzmarzyk P and Bouchard C. Human Kinetics, 2010.

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D. Practice Guidelines, Standards, and Consensus Statements

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MEDIA COVERAGE AND APPEARANCES

- 2003 "Fitness in Young Adulthood Predicts Heart Health in Middle Age" Multiple media coverage in Science Daily, NBC News, Huffington Post, Boston Globe, CNN, MedScape and others
- 2005 "Millions of Adults, Teens, Fail Fitness Test" Multiple media coverage in Washington Post, Fox News, Science Daily, California Health, Desert News and others
- 2007 "Depression Raises risk of Diabetes" Coverage in New York Times, Chicago Tribune, New Scientist, Reuters, MedicalXPress

- 2009 "Workplace wellness decreases healthcare costs" Coverage in EmaxHealth, National Public Radio
- 2010 "Low fitness in youth linked to hypertension". Coverage in WebMD, Medscape, US News
- 2011 "Sex as a heart attack trigger for couch potatoes" Huffington Post
- 2012 "Diabetes and the Obesity Paradox", "When Thinner Means Sicker" Coverage in the New York Times, Reuters, CNN, Web MD
- 2012 "When it comes to sleep, race may matter" Time. "How well you sleep may hinge on race" New York Times. "Sleep Influenced by Race, Ethnicity and Country of Origin" Huffington Post. "Sleep Study: Northwestern Study Finds Length of Sleep Varies by Race" Chicago Tribune.
- 2014 "Sleepless in America" Appearance on National Geographic Channel
- 2017 "NFL Play 60 Challenge Virtual Field Trip" Scientific Expert Volunteer on behalf of the American Heart Association
- 2017 "Baseball Players are Getting Fat Like Us" Op-Ed in USA Today
- 2018 "The Science of Longevity" November 14 Podcast by Slate Studios <https://itunes.apple.com/us/podcast/the-science-of-longevity/id1333735108?i=1000423370875&mt=2>
- 2018 "Young People Need to Turn Out for their Health" November 23, The Health Care Blog. <http://thehealthcareblog.com/blog/2018/11/23/young-people-need-to-turn-out-for-their-health/>
- 2018 "Where you live can promote or harm your health". OpEd in Thrive Global <https://thriveglobal.com/stories/where-you-live-can-promote-or-harm-our-health/>
- 2018 "This Holiday Season, Get Active". December 19 OpEd in the Morning Consult. <https://morningconsult.com/opinions/this-holiday-season-get-active/>
- 2019 "Protecting Immigrant Health is Good for the US" OpEd January 29 in The Hill. <https://thehill.com/opinion/immigration/427459-protecting-immigrant-health-is-good-for-the-us>
- 2019 "When it's cold outside, get moving indoors" OpEd by Emily Lattie and Mercedes Carnethon Thrive Global <https://thriveglobal.com/stories/when-its-cold-outside-get-moving-indoors/>
- 2019 "Are dietary supplements for real or just placebos?" OpEd in The Hill <https://thehill.com/opinion/healthcare/429800-are-dietary-supplements-for-real-or-just-placebos>
- 2019 "Protect Your Heart: Connecting the Dots between Maternal Health and Heart Health" OpEd by Mercedes Carnethon and Sadiya Khan Ms. Magazine. <https://msmagazine.com/2019/02/14/protect-heart-connecting-dots-maternal-health-heart-health/>
- 2019 "Are American Universities Training the Best People or the Wealthiest Ones" OpEd in TRT World <https://www.trtworld.com/opinion/are-american-universities-training-the-best-people-or-the-wealthiest-ones-24977>
- 2019 "Homophobia is Makes a Public Health Issue Worse". OpEd in US News & World Report. <https://www.usnews.com/news/healthiest-communities/articles/2019-03-25/commentary-homophobia-increases-life-expectancy-disparities-between-blacks-whites>
- 2019 "The link between sugary drinks, cancer and poor neighborhoods". OpEd in The Hill <https://thehill.com/opinion/healthcare/453017-the-link-between-sugary-drinks-cancer-and-poor-neighborhoods>
- 2019 "The Biggest Health Problem: Obesity". Scientific Blog in Scientific American. <https://blogs.scientificamerican.com/observations/the-biggest-health-problem-obesity/>
- 2019 "Commentary: The Biggest Women's World Cup Lesson: Teach Girls to be Competitive". <https://www.chicagotribune.com/opinion/commentary/ct-opinion-womens-world-cup-soccer-competition-20190703-qszfhrjaje7lcpri4tfeoey4y-story.html>
- 2019 "Are researchers to Blame for Nutrition Misinformation?" OpEd in The Hill. <https://thehill.com/opinion/healthcare/440222-are-researchers-to-blame-for-nutrition-misinformation>
- 2019 "Wearable technology: Do we really need 10,000 steps a day to be healthy?". OpEd in the Hill. <https://thehill.com/opinion/healthcare/447086-wearable-technology-do-we-really-need-10000-steps-a-day-to-be-healthy>

- 2020 "Many Wealthy Parents Won't Send Kids Back to School This Fall". Mother Jones Magazine April 28, 2020 <https://www.motherjones.com/politics/2020/04/many-wealthy-parents-wont-send-kids-back-to-school-this-fall-thats-a-disaster-waiting-to-happen/>
- 2020 "MAP: Where are COVID-19 Deaths Happening in Chicago, Most are in Majority-Black Neighborhoods." CBS 2 Chicago <https://chicago.cbslocal.com/map-where-are-covid-19-deaths-happening-the-most-in-chicago-neighborhoods-with-majority-black-populations/>
- 2020 "How lack of healthy food plays a role in COVID-19 Deaths in Chicago's Black Communities". CBS2 Chicago. <https://chicago.cbslocal.com/healthy-food-covid-deaths/> May 12, 2020
- 2020 "Study: COVID-19 spreads easier person-to-person" <https://www.fox32chicago.com/video/686584>. Fox 32 Chicago, May 21, 2020
- 2020 "How to Stay Safe while States Reopen" National Public Radio, Here & Now with Tonya Mosely June 12, 2020. <https://www.wbur.org/hereandnow/2020/06/12/coronavirus-reopening-guide>
- 2020 Opinion contributor on the epidemiology of COVID-19, MSNBC "The 11th Hour with Brian Williams", June 22, July 1, July 8, July 23, August 10
- 2020-21 Regular contributor on NBC Universal news programs (MNBC, NBC Now) on COVID-19: Incidence, epidemiology and vaccination.

TEACHING

Department Courses

<u>Dates</u>	<u>Role</u>	<u>Department (University)</u>	<u>Course Title</u>	<u>Audience</u>
1994-95	Teaching assistant	Psychology (Stanford University)	Issues in Sexual Health and Contraception	Undergraduate
2000	Teaching assistant	Epidemiology (UNC-Chapel Hill)	Epidemiologic Research Methods	Graduate
2006	Course Director	Preventive Medicine (Northwestern University)	Applied Epidemiologic Analysis	Graduate
2006-2009	Course Director	Preventive Medicine (Northwestern University)	Introduction to Epidemiology	Undergraduate and Graduate
2011-2012, 2014	Co-Course Director	Preventive Medicine (Northwestern University)	Practical Issue in Population Studies	Graduate
2014-2015	Course Director	Preventive Medicine (Northwestern University)	Obesity Epidemiology	Graduate/Medical Students

Conferences/ Workshops

<u>Date</u>	<u>Conference (Location)</u>	<u>Responsibility</u>	<u>Audience</u>
Oct 2005	Lifelong Learners Course (Northwestern University)	Lecture: "Cardiovascular Complications of Diabetes and Metabolic Syndrome"	Community Education
July 2008 - Present	39 th Annual 10-Day Seminar on Cardiovascular Disease Epidemiology and Prevention (Lake Tahoe, CA)	Lecture: "Diabetes and Cardiovascular Disease" "Obesity Paradox Debate"	Postgraduate
2016, 2019	Programs to Increase Diversity in Epidemiology (PRIDE), Sleep and Cardiovascular Disease (New York University, Langone Medical Center)	"Disparities in Sleep and Cardiovascular Disease"	Postgraduate

TRAINEES

Term (Years)	Name (Position)	Project Title	Current Position
2004 – 2006	Mohammad A. Kizilbash, MD, MSCI (NRSA/NIH Post-doctoral fellow)	Non-invasive assessment of autonomic nervous system function	Private Practice
2004 – 2006	Arlene Hankinson, MD, MS (NRSA/NIH Post-doctoral fellow)	Fitness and cardiovascular health	Pharmaceutical Company
2004 – 2008	Sae Young Jae, PhD (Postdoctoral Fellow University of Illinois)	Cardiorespiratory fitness and heart rate recovery influences on cardiovascular and metabolic disease	Associate Professor, University of Seoul, South Korea
2006 – 2007	Nicole Mohlman, MD (MPH Degree Student)	Healthcare access in underserved communities	Private Practice
2006 – 2007	David Kattan, MD (MPH Degree Student)	Illinois perinatal HIV care, areas for Improvement	Private Practice
2010 - 2011	Claire O'Connell (MD/MPH Degree Student)	Perceptions of neighborhood safety and physical activity in adolescents	Unknown
2009 – 2011	Christina Shay, Ph.D. (NRSA/NIH Postdoctoral Fellow)	Body composition, fitness, glucose dysregulation	Staff Scientist, American Heart Association
2010 – 2012	Laura Zimmerman, MD (Institute for Healthcare Studies Postdoctoral Fellow)	Factors associated with conversion from impaired fasting glucose to diabetes	Private Practice, Erie Family Health Center, Chicago, IL
2011 - 2013	Bonnie Bright (Undergraduate Summer Research Opportunity Program Student)	Environmental resources for diabetes control in underserved Chicago communities	Unknown
2011-2012, 2018-2020)	Aderonke Bamgbose (Instructor, Psychiatry, Northwestern University)	Availability of healthcare resources for diabetes care and control in Chicago neighborhoods	Assistant Professor, Department of Psychiatry and Behavioral Sciences, Massachusetts General Hospital, Harvard University
2011 – 2012	Atul Jain, MD (Vascular Medicine Postdoctoral Fellow)	Association of sleep with symptoms of peripheral arterial disease	Clinical Assistant Professor, Department of Medicine, University of Chicago
2011-2012	Megan McCarville, MD, MPH (Instructor, Department of General Academic Pediatrics, Children's Memorial Hospital)	Contribution of the school environment to obesity in Latino youth	Clinical Assistant Professor of Pediatrics at the University of Illinois at Chicago
2011-2013	Lester M. Arguelles, Ph.D. (Research Assistant Professor, Department of Preventive Medicine, FSM Northwestern University)	Association of Vitamin D with metabolic disorders in Chinese Youth	Blue Cross Blue Shield of Illinois /Adjunct Faculty University of Illinois at Chicago
2012-2014	Veronica Womack, Ph.D. (NIH/NHLBI T32 Postdoctoral fellow)	Mindfulness and cardiovascular health in African Americans	Associate Director for Inclusive Learning Communities Program, Searle Center for

Term (Years)	Name (Position)	Project Title	Current Position
			Advancing Teaching and Learning, Northwestern University
2011-2013	Amisha Wallia, MD, MSCI (Instructor, Division of Endocrinology, Department of Medicine, FSM Northwestern University)	Hyperglycemia in special populations	Associate Professor, Department of Medicine, Division of Endocrinology
2011 – 2014	M. Alexandra Friedman (Medical Student)	Developing a health coach model for the management of diabetes in underserved communities	Clinical Lecturer, Obstetrics and Gynecology, University of Michigan Health
2013-2014	Hannah Louks, MSEB (Master's in Epidemiology and Biostatistics Student)	Trends in pediatric kidney disease over time	Abbott Laboratories, Statistical Analyst
2012-2013	Allison Carroll (doctoral student Clinical Health Psychology)	Interaction of cigarette smoking and depressive symptoms with subclinical atherosclerosis	Postdoctoral Trainee Feinberg School of Medicine
2014-2015	Samantha Montag, MSEB (Masters in Epidemiology and Biostatistics Student)	Contribution of Sleep Characteristics on Cardiovascular and Metabolic Risk Factors	Statistical analyst, Abvie Pharmaceuticals
2013-2015	Rosalba Hernandez, PhD (Assistant Professor, University of Illinois Urbana Champaign)	Positive Psychology for the Preservation of Ideal Cardiovascular Health	Assistant Professor School of Social Work, University of Illinois-Champaign Urbana
2012-2016	Erica Marsh, MD MSCI (Assistant Professor, Department of Obstetrics and Gynecology at Feinberg School of Medicine, Northwestern University)	Uterine Leiomyoma and Obesity	Professor and Chief of Reproductive Endocrinology at University Michigan
2010-Present	Kiarri Kershaw, Ph.D. (Assistant Professor, DPM, Northwestern University)	Social environmental influences on cardiovascular disease	Associate Professor, Department of Preventive Medicine, Northwestern University
2011-2016	Laura Rasmussen-Torvik, Ph.D. (Assistant Professor, DPM, Northwestern University)	GWAS studies of type 2 diabetes	Associate Professor, Department of Preventive Medicine, Northwestern University
2015-2017	Abbi Lane-Cordova, Ph.D. (AHA SFRN Prevention Fellow)	Vascular disorders in pregnancy	Assistant Professor, Department of Exercise Science, Arnold School of Public Health at the University of South Carolina
2016-2018	Michael Bancks, Ph.D.	Association between glucose disorders and cognitive function	Assistant Professor, Wake Forest University,

Term (Years)	Name (Position)	Project Title	Current Position
	(NIH/NHLBI T32 Postdoctoral Fellow)		Division of Epidemiology
2014-Present	Yacob Tedla, Ph.D. (NIH/NHLBI T32 Postdoctoral Fellow 2014-2016)	Blood pressure across the lifecourse	Research Assistant Professor, Department of General Internal Medicine, Feinberg School of Medicine, Northwestern University
2016-Present	Inger Burnett-Ziegler, PhD	Mindfulness Based Stress Reduction in Federally Qualified Health Centers	Associate Professor, Department of Psychiatry and Behavioral Sciences
2016-2018	Ehimare Akhabue, MD (Instructor, Division of Cardiology, Department of Medicine)	The role of the renin-angiotensin system on disparities in heart failure	Assistant Professor (Clinical) Robert Wood Johnson Medical Institute, New Jersey
2015-2017	Lindsay Pool, Ph.D. (Postdoctoral fellow, AHA Disparities Strategically Focused Research Network)	Influence of socioeconomic factors on disparities in chronic disease	Project Officer, National Institutes of Health, National Heart, Lung and Blood Institute, Division of Cardiovascular Disease
2017-Present	Sadiya Khan, MD	Obesity in Cardiovascular Disease	Assistant Professor, Departments of Preventive Medicine and Medicine (Cardiology)
2017-Present	Elizabeth Hibler, PhD	Risks of heart failure following chemotherapy in young and early adult cancer survivors	Assistant Professor, Department of Preventive Medicine, Northwestern University
2017-2019	Wenze Zhong, Ph.D. (Postdoctoral fellow, AHA Strategically Focused Research Network on Prevention)	Dietary intake and cardiovascular disease in the population	Assistant Professor, Cornell University Department of Nutrition
2017-2019	Amanda Paluch, Ph.D. (Postdoctoral fellow, AHA Disparities Strategically Focused Research Network)	Contribution of fitness to chronic disease incidence and management	Assistant Professor, University of Massachusetts at Amherst, Department of Kinesiology
2017-2020	Sanaz Sedaghat, PhD (Rubicon Netherlands Research Foundation Postdoctoral fellow 2017-2019)	Hemodynamics linking kidney function and brain function	Research Assistant Professor, Department of Preventive Medicine (Epidemiology)
2017-Present	Leah Neubauer, EdD	Curriculum Development in Public Health	Assistant Professor, Department of

Term (Years)	Name (Position)	Project Title	Current Position
			Preventive Medicine (Public Health Practice)
2017-Present	Nia Heard-Garris, MD	Association of Adverse Childhood Experiences with Cardiovascular Risk	Instructor, Division of General Pediatrics, Robert H. Lurie Hospital
2019-Present	Erin Paquette, MD, JD, PhD	Diversity and inclusion in clinical trials of critically ill patients in the Pediatric Intensive Care Unit	Assistant Professor, Department of Pediatrics (Division of Pulmonary and Critical Care), Robert H. Lurie Hospital
2020-Present	Marquita Lewis-Thames, PhD	Rural Health Disparities in Cancer Care	Research Assistant Professor, Department of Medical Social Sciences, Northwestern University
2019-Present	Lauren Beach, JD, MPH	Cardiovascular disease among Sexual and Gender Minority Populations	Research Assistant Professor, Department of Medical Social Sciences, Northwestern University
2018-Present	Diana Chirinos Medina, Ph.D.	Depressive symptoms over the lifecourse and cardiovascular diseases in the population	Assistant Professor, Department of Preventive Medicine, Northwestern University
2020-2022	Aryn Phillips, PhD (Postdoctoral fellow, NIH/NHLBI T-32)	Alcohol use and abuse and chronic disease	Assistant Professor, Department of Health Policy and Management, University of Maryland at College Park
2020-2022	Michael Hammond, MD, MS (Postdoctoral Fellow, Vascular Medicine Research Fellowship Sponsored by the AHA)	Epidemiology of Peripheral Arterial Disease	Postdoctoral Fellow, Department of Medicine, Division of Cardiology
2021-Present	Charles German, MD, MS	Contribution of cardiorespiratory fitness to heart failure	Assistant Professor, Department of Medicine, Division of Cardiology, University of Chicago
2021-Present	Carolyn Foster, MD, MPH	HOMEVent4Kids: Home-based Optimization of Mechanical Ventilation for Children	Assistant Professor Department of Pediatrics, Northwestern University
2021-Present	Robert Booker	Physical activity, body composition and metabolic disease	Postdoctoral Fellow, Cardiovascular Disease

Term (Years)	Name (Position)	Project Title	Current Position
			Epidemiology T32 Program



Exhibit B

Materials Considered

Exhibit B

List of Materials Considered

24HF Discovery Materials

- 24HF_Production_0000001
- 24HF_Production_0000044-0001962
- 24HF_Production_0002175-0002589
- 24HF_Production_0003406
- 24HF_Production_0231676-0232122
- 24HF_Production_0002659-0002682
- 24HF_Production_0002763-0002786
- 24HF_Production_0003338-0003361
- 24HF_Production_0126860-0126944
- 24HF_Production_0149425-0149476
- 24HF_Production_0149477-0149543
- 24HF_Production_0149544-0149592
- 24HF_Production_0149593-0149654
- 24HF_Production_0149908-0149975
- 24HF_Production_0155643-0155694
- 24HF_Production_0155695-0155761
- 24HF_Production_0155762-0155810
- 24HF_Production_0155811-0155872
- 24HF_Production_0155932-0155999
- 24HF_Production_0156126-0156193

Insurers Discovery Materials

- ARGUS000365-383
- ARGUS000428-443
- ARGUS000446-455
- ARGUS000467-479
- ARGUS000482-494
- ARGUS000502-518
- ARGUS000521-535
- ARGUS000541-563

Case Materials

- Complaint for Declaratory Relief filed in 24HF's adversarial proceeding in the United States Bankruptcy Court for the District of Delaware styled as *24 Hour Fitness Worldwide Inc. v. Continental Casualty Company et al.*, Case No. 20-11568 (KBO), Adv. Pro. No. 20-51051 (KBO).
- Amy Christensen Deposition, June 24, 2022, including all exhibits
- Dan Larson Deposition, April 28, 2022 including all exhibits
- Jason Carter Deposition, July 21, 2022 including all exhibits

- Jeremy Gottlieb Deposition, June 17, 2022 including all exhibits
- Lourdes Reyes Deposition, September 29, 2022 including all exhibits
- Matt Piro Deposition, April 27, 2022 including all exhibits
- Mike Allen Deposition, September 27, 2022 including all exhibits
- Odell Bradley Deposition, May 27, 2022 including all exhibits
- Tony Ueber Deposition, July 27, 2022 including all exhibits
- 30(b)(6) Deposition of Allied World National Assurance Company through Glenn Serrano Deposition, September 15, 2022 including all exhibits
- 30(b)(6) Deposition of Beazley-Lloyd's Syndicates 2623/623 through Andrea Mattot, October 11, 2022 including all exhibits
- 30(b)(6) Deposition of Continental Casualty Company through Tracy Schohn, April 14, 2022 including all exhibits
- 30(b)(6) Deposition of Starr Surplus Lines Insurance Company through Dolores Ramirez Valera, October 4, 2022 including all exhibits
- 24HF's Response to Defendant Continental Casualty Company's First Set of Interrogatories
- 24HF's Response to Insurers' First Set of Interrogatories

Other Publicly Available Materials

- Wilkins JT, Gray EL, Wallia A, Hirschhorn LR, Zembower TR, Ho J, Kalume N, Agbo O, Zhu A, Rasmussen-Torvik LJ, Khan SS, Carnethon M, Huffman M, Evans CT. Seroprevalence and Correlates of SARS-CoV-2 Antibodies in Health Care Workers in Chicago. *Open Forum Infect Dis.* Jan 2021;8(1).
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